

Shall We Have a "Strong Man" Contest?

By the Editor

"ALL the world loves a 'strong man.'" But who is the strongest man of to-day?

Shall we, therefore, propose a competition, open to all, to determine the strong man's championship?

Naturally, it sounds big to speak of a competition as one for the "world's championship." The term has been so freely abused in boxing and wrestling matches that it is cheap. Perhaps the best that we could hope to do would be to hold a competition to determine the American strong man championship. There may be strong men in Europe, possibly even stronger than in America. We do not know. But unless there is some means of bringing into this competition the champions of Europe, Africa, Asia, and Australia, we do not see why or how we would be justified in proclaiming such a competition a world's championship affair.

There are so many wrestling championships that the word becomes a joke. The same sometimes holds true in boxing. We know of a welter-weight boxer who is entitled to the distinction of American champion, but who claims to hold the world's championship without having met the champions of other parts of the world. We know of a challenger who has defeated British, African and Australian champions, and is therefore in a position to dispute the title of world's champion. But the American boxer who claims the world's championship title, largely by courtesy of the sporting editors, refuses to meet him.

It will, therefore, be understood that if a strong man competition is finally held under the auspices of PHYSICAL CULTURE, it will be a legitimate contest, absolutely on the level, and with no intention to claim world's championship honors that cannot be justified. Once a certain strong man has won the American championship, however, then he is in a position to dispute the world's supremacy with anyone from Europe.

We are also in receipt of a copy of another letter sent by Professor (*Continued on page 67*)

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Matysek to Mr. Travis in which the former suggests a contest with a side bet of something like a thousand dollars or more on each side. Apparently it has been the custom, in talking of strong men contests—"talking" is usually as far as it goes—to make it a question of wagers rather than of strength. On the theory that "money talks," disputing strong men usually offer all kinds of bets until they get talking such big figures that neither of them is able to cover the amount stipulated.

We feel that this policy is all wrong. Any strong man competition should be based not upon the amount of money that any one can bet on himself, but purely on the question of strength. Nor have we any sympathy with the challenge of one strong man to another particular man whom he thinks he can beat. In a competition of this kind the contest should be open to all strong men. There are a couple of "champions" up in Montreal. There are others throughout the United States. A contest of this kind should be intended merely to determine real championship honors, and in accordance with the principles of amateur athletics should have nothing to do with the question of money bets or cash prizes. It is a question of strength, not of money. The man who wins such a contest and is thereby acclaimed champion can thereafter make as much money as he likes as the result of his achievement.

It is not at present the purpose of PHYSICAL CULTURE to offer any big prizes nor to conduct any betting contest. Let that be understood. PHYSICAL CULTURE would, however, be glad to supervise such a contest or to hold it under its auspices in order to ensure that the competition will be clean and fair and that there will be no question about the outcome.

If such a contest should take place it should be under the supervision of a committee of experts whose personal integrity and whose judgment would be above reproach. The editor has in mind such men as Alan Calvert, Bernarr Macfadden, William Muldoon and others who might be persuaded to serve on a committee for the purpose.

This committee should not only serve as judges at the time of the competition, but should determine the nature of the competition; that is to say, this committee should determine how many lifts should be included in the contest, what these lifts should be, and how points should be registered in each event.

It would be desirable that the committee consider this matter very carefully so that the contest will be fair to all concerned and the result will have proved conclusively that one or another is actually the

June Mornings



Bubble grains on berries

Mix these airy, flimsy bubbles in every dish of berries. Use Puffed Rice or Corn Puffs. The blend is delightful. It adds what crust adds to a shortcake.

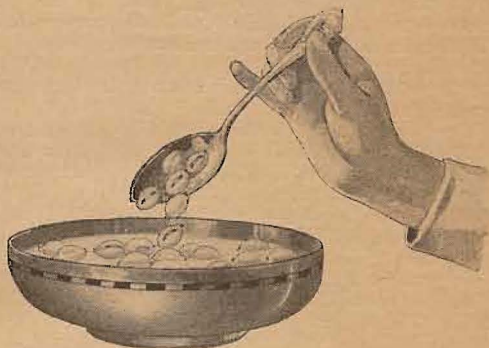
At breakfast, also, serve with cream and sugar—any of these fragile, fascinating grains.

June Evenings

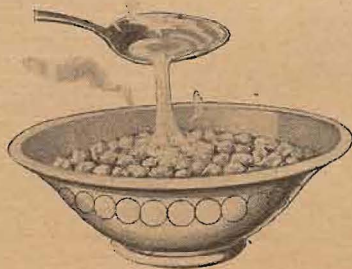
Whole wheat steam exploded

For suppers, float Puffed Wheat in milk. That means whole wheat with every food cell blasted. The grains are puffed to eight times normal size.

They seem like tid-bits, but every flaky globule is a grain of wheat made easy to digest.



June Afternoons



Airy, nut-like confections

For hungry children, crisp and douse with melted butter. Then Puffed Grains become nut-like confections, to be eaten like peanuts or popcorn.

Use also like nut-meats as a garnish on ice cream. Use as wafers in your soups.

Puffed Wheat

Puffed Rice

Corn Puffs

Also Puffed Rice Pancake Flour

Prof. Anderson's creations

In Puffed Grains every food cell is blasted by a steam explosion. A hundred million steam explosions occur in every kernel. Thus digestion is made easy and complete. Every atom feeds.

The grains are toasted, crisp and flimsy. They taste like nut-meats puffed. Never were grain foods made so inviting.

But remember the great fact. Every element is fitted to digest. They are ideal grain foods which never tax the stomach.

In summer serve at all hours, and in plenty. Keep all three kinds on hand.

The Quaker Oats Company

Sole Makers

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